

THE SOURCE

COUNCIL on AGING

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Special Holidays

By Joanna Fuchs

We're thinking of you this time of year,
Wishing you happiness, joy, and cheer.
May all your days be warm and bright,
And your nights enhanced by holiday light.

Enjoy your delectable holiday foods,
As parties and gifts create holiday moods.
Favorite people play a meaningful part,
While treasured rituals warm your heart.

You are special to us in many ways,
So we wish you Happy Holidays!

Source: Poemsource.com, n.d.

Our Programs

Attendant Support
Chore Assistance
Errand & Shopping Support
Information & Assistance
Legal Service
Leisure & Learning Program
Pets & Loving Seniors Program
(PALS)
Pet-2-Vet Program
Senior Health Insurance Counseling
Social Services
Support Groups
Telephone & Visiting Support
Sr. Express Transportation



Conversations with Connie

It's hard to believe we are nearing the end of 2021—and what a year it has been! At this time last year, our agency was open, by appointment only, and we were focusing our energies on delivering Meals on Wheels, providing essential transportation trips, facilitating appointments for Medicare open enrollment, and figuring out a way to bring Christmas cheer despite the challenges of the pandemic. Now, we are thrilled to be able to provide all of those very importation programs and services and so much more.

In the late spring when we opened our agency to the public, we had our fingers crossed and hopes high that you were as ready as we were to fill the Council on Aging with events, programs, classes and your faces. You were, and we did, and we've not looked back since!

I've been asked often, over the course of the last year, how I like being the Director of the Council on Aging. Without hesitation, I tell people it feels like home. And as we know, there's no place like home.

Wishing you the happiest of holidays,

Connie

Cold Weather Safety

Changes in your body that come with aging can make it harder for you to be aware of getting cold. A big chill can turn into a dangerous problem before an older person even knows what's happening. Doctors call this serious problem hypothermia.

What Is Hypothermia?

Hypothermia is what happens when your body temperature gets very low. For an older person, a body temperature of 95°F or lower can cause many health problems, such as a heart attack, kidney problems, liver damage, or worse.

Being outside in the cold, or even being in a very cold house, can lead to hypothermia. Try to stay away from cold places, and pay attention to how cold it is where you are. You can take steps to lower your chance of getting hypothermia.

Keep Warm Inside

Living in a cold house, apartment, or other building can cause hypothermia. In fact, hypothermia can happen to someone in a nursing home or group facility if the rooms are not kept warm enough. If someone you know is in a group facility, pay attention to the inside temperature and to whether that person is dressed warmly enough.

People who are sick may have special problems keeping warm. Do not let it get too cold inside and dress warmly. Even if you keep your temperature between 60°F and 65°F, your home or apartment may not be warm enough to keep you safe. This is especially problematic if you live alone because there is no one else to feel the chilliness of the house or notice if you are having symptoms of hypothermia.

Here are some tips for keeping warm while you're inside:

- Set your heat to at least 68–70°F. To save on heating bills, close off rooms you are not using. Close the vents and shut the doors in these rooms, and keep the basement door closed. Place a rolled towel in front of all doors to keep out drafts.

- Make sure your house isn't losing heat through windows. Keep your blinds and curtains closed. If you have gaps around the windows, try using weather stripping or caulk to keep the cold air out.
- Dress warmly on cold days even if you are staying in the house. Throw a blanket over your legs. Wear socks and slippers.
- When you go to sleep, wear long underwear under your pajamas, and use extra covers. Wear a cap or hat.
- Make sure you eat enough food to keep up your weight. If you don't eat well, you might have less fat under your skin. Body fat helps you to stay warm.
- Drink alcohol moderately, if at all. Alcoholic drinks can make you lose body heat.
- Ask family or friends to check on you during cold weather. If a power outage leaves you without heat, try to stay with a relative or friend.

You may be tempted to warm your room with a space heater. But, some space heaters are fire hazards, and others can cause carbon monoxide poisoning. The Consumer Product Safety Commission has information on the use of space heaters.

What Are the Warning Signs of Hypothermia?

Sometimes it is hard to tell if a person has hypothermia. Look for clues. Is the house very cold? Is the person not dressed for cold weather? Is the person speaking slower than normal and having trouble keeping his or her balance?

Warning signs of hypothermia include: slowed or slurred speech; sleepiness or confusion; cold feet and hands; shivering or stiffness in the arms and legs; poor control over body movements; slow reactions; a weak pulse; pale skin; or a core body temperature of 95 degrees F or lower.

If you think someone has the warning signs for hypothermia, call 9-1-1 right away and try to move the person to a warmer place.

Nutrition Corner

Winter Squash

Acorn



- Dark green, hard skin
- Sweet flavor, very mild buttery taste
- Packed with potassium
- Perfect for stuffing

- Beige-tan skin that is not as hard as acorn squash
- Mildly sweet flavor
- Excellent source of vitamin A
- Great for purees and soups



Butternut

Delicata



- Cream color with dark green stripes
- Very sweet
- Contains vitamin A
- Skin is edible, stem should be at least 2 in.

- Bumpy skin varies from dark green to light blue to orange
- Mild flavor
- Sub for pumpkin pies



Hubbard

Spaghetti



- Bright yellow skin
- Mild nutlike flavor
- Very low in carbohydrates
- Stringy flesh mimics pasta

Winter squashes are uniquely beautiful with ribbed or bumpy skins, irregular shapes, and vibrant colors ranging from yellow to orange to dark green or even multi-toned. Sometimes displayed as seasonal table decorations, they are best appreciated when featured as a star ingredient in a wide range of recipes.

Winter squashes have a denser texture and flavor with firm flesh that holds up well in hearty soups, stews, casseroles, breads, and desserts. The flesh may also be scooped and eaten straight from its shell after cooking. Their seeds are also edible and nutritious.

Choose squash that has a firm exterior and no soft spots or cracks. Unlike some fruits that develop a softer exterior as they ripen, the rind of winter squashes becomes even firmer as they mature. The skin should be matte and hard to pierce with your fingernail, not shiny and soft, which would indicate an unripe squash. A squash with soft areas, or a moldy stem is well past its prime.

Squash is versatile and retains its flavor whether roasting, boiling, steaming, microwaving, or simmering in a stew. Dry heat as with roasting helps to caramelize the natural sugars in the squash. The dense textures of all squash types will add heartiness with whatever cooking method is used.

Source: Harvard T.H. Chan School of Public Health, n.d.



HELP IS PROVIDED FOR:

- ⇒ Federal Tax Returns
- ⇒ State Tax Returns
- ⇒ Homestead Filing

Taxes are prepared by appointment only.

The tax service is provided to qualifying seniors free of charge beginning February 1, 2022.

Beginning January 18th, you can call the COA office at 913.684.0777 to schedule an appointment.

Contact Dawn if you are interested in VITA training which will be held January 10-14, 2022.

Muffins & Mammos

Enjoy company and muffins while you take care of your important annual mammogram. This is a screening only.

Date: December 15, 2021 @ 9:00am

Call Jessica at 913-684.0777 to register by **10 December**.

If you need transportation, contact the Senior Express Transportation department at 913.684.0778.

Christmas Tea



Date: Friday, December 17th, 2021

Time: 1:00 p.m.

Place: Council on Aging

1830 S. Broadway, Leavenworth

\$3 per person.

Call 913.684.0777 to RSVP by Wednesday **December 15th**. Space is Limited



80th Commemoration National Pearl Harbor Remembrance

DECEMBER 7, 2021

NATIONAL PEARL HARBOR REMEMBRANCE DAY: *VALOR, SACRIFICE, AND PEACE*

Each year on Dec. 7, Pearl Harbor Survivors, veterans, and visitors from all over the world come together to honor and remember the 2,403 service members and civilians who were killed during the Japanese attack on Pearl Harbor on December 7, 1941. A further 1,178 people were injured in the attack, which permanently sank two U.S. Navy battleships (the USS *Arizona* and the USS *Utah*) and destroyed 188 aircraft.

For information on commemoration events go to:

[National Pearl Harbor Remembrance Day - Pearl Harbor National Memorial \(U.S. National Park Service\) \(nps.gov\)](https://www.nps.gov/pearl-harbor-remembrance-day)



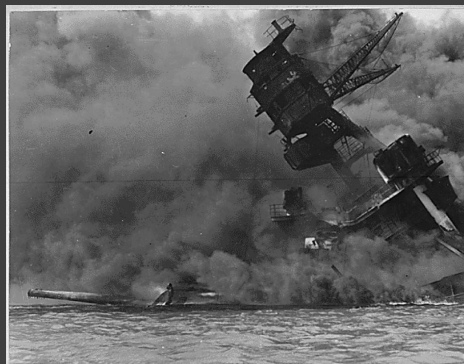
The forward magazine of USS Shaw (DD-373) explodes during the second Japanese attack wave. (U.S. Naval History and Heritage Command Photograph)



USS Arizona Memorial, Pearl Harbor, Hawaii. (From Nysenate.gov)



Navy Seaman 1st Class Duane Reyelts, a survivor of the Dec. 7, 1941 attack on Pearl Harbor, tosses flowers off the side of the guided-missile frigate USS De Wert (FFG 45) on Dec. 7, 2012. (U.S. Navy photo by Mass Communication Specialist 3rd Class Damian Berg from APG News)



The USS ARIZONA burning after the Japanese attack on Pearl Harbor in Hawaii Dec. 7, 1941. (From International Business Times)



Pearl Harbor survivors salute during the National Anthem at a ceremony in Pearl Harbor, Hawaii marking the 77th anniversary of the Japanese attack. (AP Photo/Audrey McAvoy from ABC News)



For our full events and activities calendar, go to our homepage @ [Council on Aging \(leavenworthcounty.gov\)](http://CouncilonAging(leavenworthcounty.gov))



To be added to our email distribution list, please contact us @ seniors1st@leavenworthcounty.gov

MEALS ON WHEELS VOLUNTEERS ARE NEEDED

Do you have 1 ½ hours during the week?
(late morning)

Do you like meeting new people?

Do you want to help those in our community?

Do you drive?

If you would like to be a Meals on Wheels volunteer, contact Scarlet Ross at the Council on Aging by calling 913.684.0786 or email sross@leavenworthcounty.gov

All Meals on Wheels volunteers must be able to pass a criminal background check.

2021 MEDICARE OPEN ENROLLMENT October 15th - December 7th

We can help:

- **Research and enroll** in new Prescription Drug Plans (Part D) or other prescription drug plans
- **Switch plans** between Original Medicare (Part A) and Medicare Advantage and vice versa
- **Research Supplemental Plans** such as Medigap under Original Medicare
- **Change coverage** between Medicare Advantage Plans

Call or email today to make a telephone or in-person appointment to visit with one of our Senior Health Insurance Counselors of Kansas (SHICK).

Council on Aging: 913.684.0777

Email: seniors1st@leavenworthcounty.gov



Around Emily's Kitchen Table *Rocky Road Fudge*

INGREDIENTS:

Rocky Road Fudge

1 c. peanut butter (or use crunchy peanut butter)

12 ounces chocolate chips

12 ounces butterscotch chips

3 cups mini marshmallows

1 c. nuts (optional)

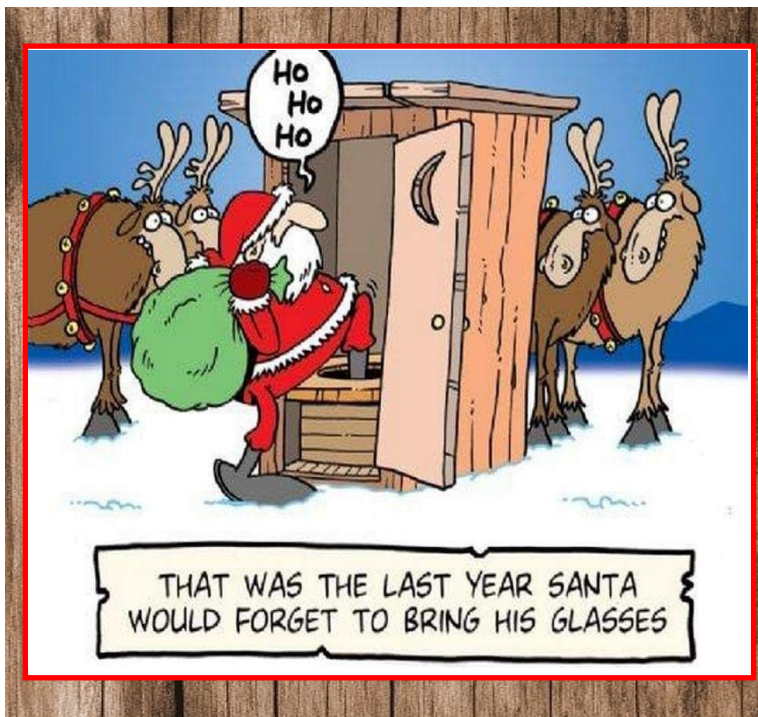
INSTRUCTIONS:

Melt peanut butter, chocolate chips and butterscotch chips in a microwave safe bowl. Microwave on high for 1 minute, stir. Continue to microwave in 30 second intervals until melted. Mix in mini marshmallows. Stir to coat. Pour into 9x13" pan or into small holiday containers. Refrigerate until set. Cut into small pieces and enjoy! This makes a great holiday gift for family and friends.



Enjoy!





MASK REQUIREMENT

Out of an abundance of caution due to the continued increase in positive COVID cases in Leavenworth County and to ensure everyone's safety, the *Council on Aging* will continue to require masks when participating in programs and services offered by our agency. We thank you in advance for your understanding.

SENIOR EXPRESS TRANSPORTATION

We are available to assist with your transportation needs for seniors age 50 and over, as well as persons of any age with disabilities. Services include shopping and business (bank/post office) trips once per week, and hairdresser appointments as well as transportation to medical trips and for work. As always, reservations are required, and taken on a first call, first serve basis, for all trip purposes. A fee is required per trip per person.

Rides are one person per vehicle (unless you require an attendant), and masks will be required for all Senior Express Transportation trips.

For current service status, fees and to schedule your trip, call 913.684.0778. Office Hours: Monday-Friday 7:00 am - 4:00 pm
Service Hours: Monday-Friday 8:00 am - 3:00 pm Closed on weekends and most Federal holidays. Handicap Accessible.

Aging Resources

Adult Protective Services....1.800.922.5330

Emergency Respite:

Country Care.....913.773.5517

Medical Lodge.....913.772.1844

Guidance Center.....913.682.5118

Kansas Aging and Disability Resource

Center.....855.200.2372

Leavenworth County Health Department

.....913.250.2000

Medicare1.800.633.4227

Poison Control Center.....1.800.222.1222

Property Fraud Alert Hotline.1.800.728.3858

Social Security Office1.800.772.1213

Wyandotte Area Agency on Aging

.....913.573.8531

Some services are funded in part by the Older Americans Act and are provided without discrimination on the basis of race, color, religion, national origins or sex. If you feel that you have been discriminated against, you have the right to file a complaint with the Area Agency on Aging @ 1.888.661.1444

This informational brochure is published by:

Leavenworth County Council on Aging

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